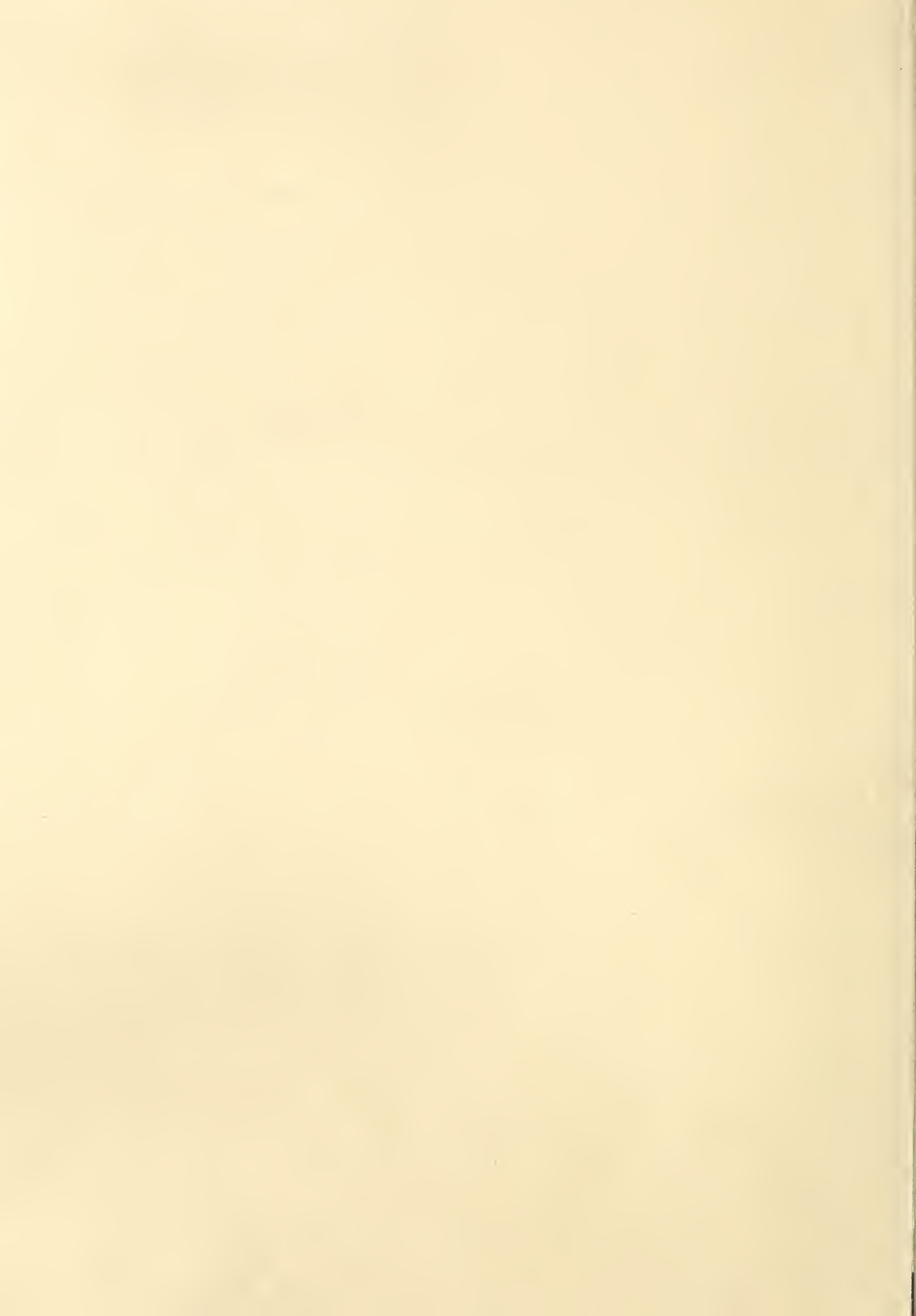


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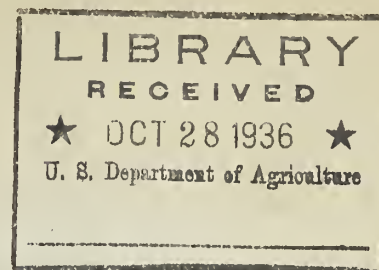
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HOUSEHOLD CALENDAR

Broiling Meat



A dialogue between Miss Ruth Van Deman, Bureau of Home Economics, and Mr. Morse Salisbury, Radio Service, delivered in the Department of Agriculture period of the National Farm and Home Hour, broadcast by a network of 48 associate NBC stations, Wednesday, July 29, 1936.

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MR. SALISBURY: Ruth, I see you've scheduled yourself to talk about broiling meat today. That's a topic that interests men as well as women. Any new discoveries to report from the meat cooking experiments down in your laboratories?

MISS VAN DEMAN: Nothing startlingly new, but the work down there is bringing out certain principles about broiling just as it does about roasting.

MR. SALISBURY: Well, let's have 'em, if they're principles that produce thick, tender steaks and chops, broiled to the juicy, pinky rare perfection that makes a man hungry to talk about.

MISS VAN DEMAN: Do you know what Lucy Alexander would say if you made that remark to her?

MR. SALISBURY: No, what would she say? I know she's the expert in meat cooking.

MISS VAN DEMAN: She'd say that the meat itself had a lot to do with those epicurean qualities you're describing. Not that she's trying to alibi for the cook. But for successful broiling you need the right kind of meat -- steaks or chops cut fairly thick -- at least an inch thick, and cut from the loin and rib sections of beef or lamb with plenty of fat, some of it distributed in marbling through the lean.

MR. SALISBURY: That's very choice meat. Suppose I don't want to pay the premium for such a high grade article, can't I still have good broiled meat?

MISS VAN DEMAN: Oh yes, you can even take some of the less tender, less expensive cuts and grind them and broil that ground meat just as you would a tender cut. The principles of cookery are the same.

MR. SALISBURY: And what do you put as number one principle?

MISS VAN DEMAN: Moderate temperature most of the time the meat is broiling, with just enough intense heat to make it brown. It takes a steak an inch and a half thick about 25 minutes to broil that way.

MR. SALISBURY: That's different from anything I heard before. You broil at moderate temperature? Why I thought you got the broiler red hot and

(over)

put the steak into it for just a few minutes and flopped it over once and called it broiled. I thought you broiled meat just as fast as you possibly could to keep the juice from escaping.

MISS VAN DEMAN: Well sir, that's just where you haven't caught up with the new science of meat cookery. It's true, you do have the broiler very hot when you put in the steak or the chops. But just as soon as the meat begins to brown, you reduce the heat and finish the broiling at a moderate temperature. If you broil meat at fierce heat all the time, you'll have it burned and charred black on the outside and practically raw inside. Of course some cave men like it that way; but -----

MR. SALISBURY: No, I'm not exactly a cave man in that respect.

MISS VAN DEMAN: No, I didn't think you were. You were too civilized when you described the steak done to "pinkly rare perfection". That implies that it's cooked evenly all through. And uniform cooking like that comes only from letting the heat penetrate the meat gradually. Then the juices stay in; they are not forced out by the action of the intense heat on the meat tissues. Searing, as I've said in talking about roasting meat -- does not hold in juices. But all the same you want enough searing to make the meat brown, for that's the way you develop its appetizing flavor.

Now, just two or three other points Lucy Alexander mentioned.

She said - turn the steak or the chops frequently as they are broiling, and baste the lean with some of the fat that cooks out in the drippings. If the broiler seems too hot or steamy, leave the door open. Broiling is an open-air way of cooking meat. You don't want water or steam near broiling meat. Miss Alexander cautioned against overcooking when you broil meat. Five minutes overtime on a steak will change it from juicy, pinky rare to dry well-done gray. Meat continues to cook for several minutes after you take it from the broiler, so you have to allow for that.

MR. SALISBURY: Ruth, I know you haven't told the whole story about broiling meat, but I guess we'll have to save the rest for another day. Are those leaflets of Miss Alexander's on cooking beef and lamb still available?

MISS VAN DEMAN: Yes, indeed. They're still on the free list. Here, you give the numbers, Morse, and I'll say good-buy until next week.

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